

Week

5

I am alive

A Lent course for the youth
of the Diocese of Chichester



YEAR OF VOCATION
2019

Aim

I am able to live a life to the full because I am a citizen of heaven. God is good all the time. Endurance in the trials of life.

Learning Outcome

- To know that living with God is FUN
- To know that prayer works
- To look at how we endure the trials, focus on the good things (blessings in life)

Materials Needed

- Toothpaste (don't waste good stuff)
- Goggles – to protect eyes from toothpaste
- Black sacks – to protect young people from toothpaste
- Cups – to be held in young people's mouths.
- Chairs
- Scales – for establishing a winner
- Cheese puffs
- Shaving foam
- Water pistols
- Prizes in the way of small chocolates or other treats
- Tree/Twig for decorating or banqueting paper
- Pens post its and other crafty bits
- Jars
- Biodegradable glitter
- Figurines/lego figures to go in snow globes
- Tape
- 2L bottles
- Balls/bean bags
- Screen and speakers for showing video

Informal Start/Recap

Ask the young people if they have used their journal that you gave them last week. Have they found it useful and what sort of things have they been using it for?

Can they remember the memory verse from last week?

Romans 8:28

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Prizes to anyone that can remember the verse

Icebreaker

Split the group into pairs – One will lay on the floor face up with a cup held in their mouth. The other young person will stand on a chair with the toothpaste held high above their head. They then squeeze the toothpaste tube and try to get as much to land in the cup as they can. Weigh the cups afterwards to establish which pair got the most in their cup.

Shaving foam catch – In Pairs one young person has shaving foam on their face and tries to catch cheese puffs thrown at them by the other young person. – Winning pair is the one that gets the most cheese puffs on. Hand the young people (that threw the cheese puffs) water pistols to clean up the faces of the other young people. Prizes to the fastest water pistol clean up.

Video Clip and Bible Verse

<https://www.youtube.com/watch?v=dYQ2lyMuPes> – Derek Raymond Barcelona race 1992

<https://www.youtube.com/watch?v=ujDODiX1ZZU> – Derek Raymond Barcelona Race 1992 with questions

Take a look at each video in advance and decide which one you think will work better. If you use the first video without the description you may want to expand on it yourself and ask some reflection questions.

Split the bible passages out between the young people and have them read through them groups or pairs. Give them a couple of minutes to process the verse then have them feed back to the group what the verse is telling us without reading it.

John 10 –10 – I came to give life and give it to the full

Philippians 3:20 But we are citizens of heaven, where the Lord Jesus Christ lives. And we are eagerly waiting for him to return as our Saviour.

James 1:2 Consider it pure joy, my brothers and sisters,[a] whenever you face trials of many kinds, 3 because you know that the testing of your faith produces perseverance. 4 Let perseverance finish its work so that you may be mature and complete, not lacking anything.

James 1:12 Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.

Hebrews 12:1

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, 2 fixing our eyes on Jesus, the pioneer and perfecter of faith.

Discussion

When do you feel most alive?

When are you happiest? Is there a specific place or are there people that you love to be around? Is there a sport that you love to play?

Some people it will be jumping out of a plane and the thrill of life on the edge and daring adventures. Some people it will be visiting a big city and seeing the hustle and bustle of people doing what they do. Some people it might be walking in the countryside or being by the sea. It could be painting or making things.

Do you think God made you this way? Have you ever thought about experiencing God in these things?

Do you think God wants to be involved in these activities and things that you love? How can you involve God in these things? Some Christians say that the feeling they get then play an instrument or skate or paint, when they get into a flow, that this is God moving through them. All these things give us life, it is part of who we are, and it will be different to the next person and somehow we get to join in other people's adventure and cheer them on in what they were created to do and when they come alive we get to enjoy that with them as friends and God's family.

Do you believe that God is good all the time? How can God be good when bad things happen?

Yes bad things happen in the world but God is still good. You are part of God's family and he meant for you to live your life in the best way ever.

James 1 talks about enduring the trials and temptations in life. We are told clearly in the bible that there will be trails on earth, but that God is with us and we can trust in him to be on our side.

You likely know the story of the wise and foolish builders. The message in this story is that there's a storm coming. How are we preparing for this storm? God never promises there won't be a storm, just that he will be with us through it.

How do you cope in the trial and temptations in life? Do you get angry at God and blame him? Do you get on your knees and pray?

Discuss together as a group how you navigate the trials in life. Discuss real situations that your YP are dealing with day to day with school and home and come up with some solutions to keep God involved and to know his is with them through what might seem a trail for them. Encourage them that it is building strength in them as a citizen of heaven.

Response/Creative Prayer

<https://www.youtube.com/watch?v=SjbX6mDnMwM> – No Arms, No Legs, No Worries

Work together to create a thankful wall/poster/tree – get the young people to write down and share what they are thankful for, what brings them life and to remind them that even in the trials we can be thankful that God is with us as we persevere.

You may want to hang a large piece of banqueting role on the wall and allow young people to write straight onto it. They could use post it notes, or any other materials you have and stick it on the wall.

If you don't have a suitable wall then get a large twig or small tree that you can stand up and get the young people to hang their thanks onto the tree.

You may want to play Alive – Hillsong Young & Free (Album: We Are Young & Free (Live) 2013) in the background whilst they young people work on the poster/collage.

Memory Verse

Memory verse – Try and put the verse to a popular tune or song. You could use a nursery rhyme or a chart song that everybody is familiar with. Record it and play it back. Be as creative as you like with the performance of the song. We'd love to see it if you do record it. If the verse is too long then just memorise part of it.

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Takeaway

Make Snow Globes – have an assortment of figures or crosses for kids to choose or get them to make something that will survive being in water. Then fill the jar with water and glitter and glue the figure to the lid and screw it on.

The snow globe will then be fit for use. The storms in life come and we can face all sorts of storms, but God is always there in the midst of it and we can get through. The storms do not last, it settles down eventually. Please try to use biodegradable glitter! Glitter is really bad for the environment!

Final Game

Make a line of bottles filled with water down the middle of the room (large 2L bottles with lids on work best). You may want to place them on a line drawn with chalk or marked with masking/gaffa tape.

The group is split into two groups, one each side of the line of bottles. Make sure the team is standing back at a set distance on each side.

Using foam balls/beanbags they have to knock the bottles over so that they fall onto the other team's side of the line.

Play until all the bottles have fallen over. The winning team is the one with the least bottles fallen onto their side.

The chances are they will need to collect up balls/beanbags during the game, this is fine but they must move back behind their base line to throw them again.